

Fresh for Kids[®] Tropical fruit slushie



Tropical fruit slushie

Preparation: about 15 minutes
Serves: 4

2 cups ice-cubes
2 Valencia oranges, peeled and chopped
½ small pineapple, peeled and chopped
1 ripe mango, peeled and chopped

1. Place ice-cubes in a blender and blend until roughly crushed.
2. Add oranges, pineapple and mango. Blend until fruit is smooth and icy. Pour into serving glasses and serve.

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Pineapple

- The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals.
- A good source of vitamin C, one of the vitamins involved in protecting us from infection.
- Provides dietary fibre, which is important to keep the intestine healthy and prevent constipation.
- A good source of a mineral called manganese which is needed by bones, the cartilage in joints and the brain.

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